Curriculum Library Archives

Vocational Series - Curriculum Guides and Courses of Study - Senior High Level

TX 911.5 F66 Ex libris universitates albertaensis



CURRICULUM EDUCATION LIBRARY · ourse Outline

Connecting Guide

EDUCATION

& VOCATIONAL EDUCATION

Vocational Course in FOOD PREPARATION

NOTE: Accompanying entries in the "Work Activity" column is a group of symbols. The code consists of four letters: D, E, P, and L. The following table will clarify their meaning:

E	Essential Work	Activity)	
D	Desirable Work	Activity)	Instructional Relationship
P	Practice Job	}	
L	Live Job	Relative I	Nature

VOCATIONAL COURSES IN FOOD PREPARATION

Objectives

There has been during the last ten years a rapid growth in the food service industry but the supply of skilled food-preparation personnel has steadily declined. There is a need for vocational training centres to help solve this problem.

The primary objective of the food-trade program is to train persons for useful employment in the food-preparation industry.

More specific objectives may be:

- (1) To provide the high school age boys and girls with training in the fundamental skills, knowledge, and attitudes in food preparations so as to qualify them for the beginning level of employment.
- (2) To raise the standards of the food industry by providing a source of trained personnel.
- (3) To raise the prestige of the food service worker by offering training recognized by industry and the community.
- (4) To encourage the development of reliable workers and good citizens.

FIRST YEAR COURSES

The course at the Grade X level is an introductory or exploratory course. It is designed so it could be offered in composite high schools, as well as at the vocational high schools. This will mean that there will not be a cafeteria in all high schools where the course is offered.

The <u>main objectives</u> of the course is to interest the boys and girls in the opportunities for careers to be found in the food-service industries.

Digitized by the Internet Archive in 2012 with funding from University of Alberta Libraries

The <u>specific objectives</u> are to provide the Grade X boy or girl with training in the fundamental skills, knowledge and attitudes in food preparation which will prepare them to continue in further work in large quantity cookery.

- (2) Develop good food habits and good general health habits.
- (3) Develop good techniques and standard methods.
- (4) Serve food that is attractive.

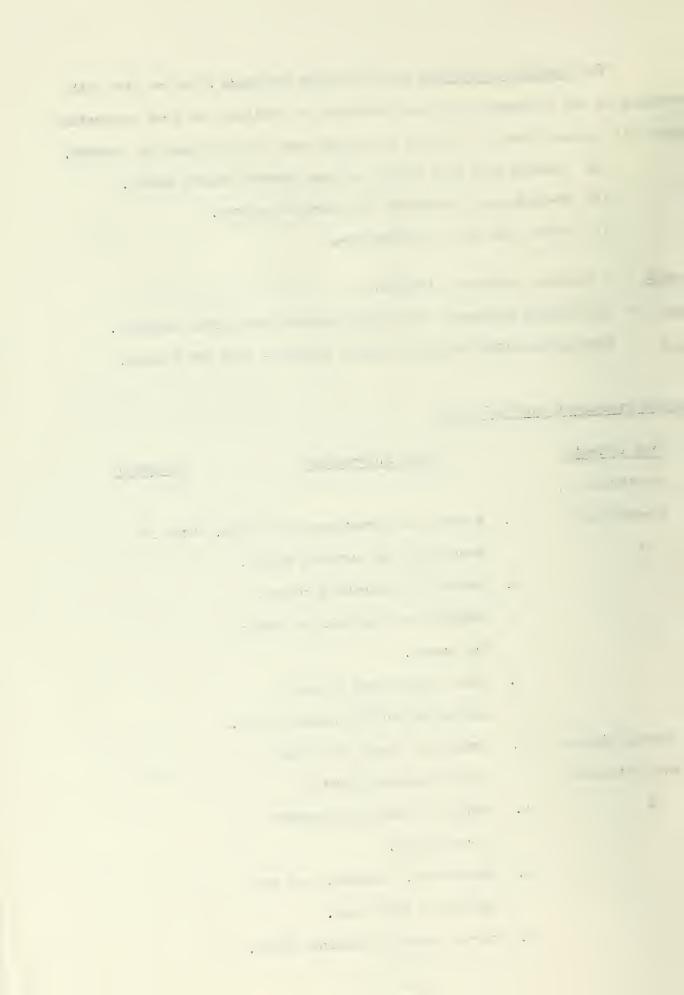
Credit - 5 periods a week or 5 credits.

Time - 200 minutes per week. At least 2 periods should come together.

Text - Experiences with Foods by L. Belle Pollard - Ginn and Company.

Kitchen Management and Sanitation

and desired and and additional					
	Work Activity		Basic Information	Refere	ence
1.	Dishwashing				
	Pre-rinsing	a.	Methods and advantages of sorting,	Page 30)
	E		prerinsing and scraping dishes.		
		ъ.	Reason for condemning dishes.		
		c.	Reaction of dish soil on clean-		
			ing agents.		
		d.	Local regulations re hand		
			washed and machine washed dishes.		
	Washing dishes	a.	Variety of types, kinds and		
	and flat ware		uses of cleaning agents.		
	E	b.	Methods of adding detergents		
			to wash water.		
		С.	Temperature, hardness, and con-		
			ditions of wash water.		
		d.	Correct order of washing dishes.		



Rinsing dishes and a. Temperature of water. flat ware b. Common germs found on dishes.

E

Drying, handling, a. Correct method of handling and storing dishes and drying dishes.

glasses.

E

b. Reasons for not towelling in restaurants and institutions.

- c. Methods to prevent spotting.
- d. Correct methods of handling.
- e. Correct method of stacking and storing dishes.
- f. Varieties and types of dishes and glasses.

2. Defrost and Clean a Refrigerator

Operating refrig- a. Types of refrigerators.

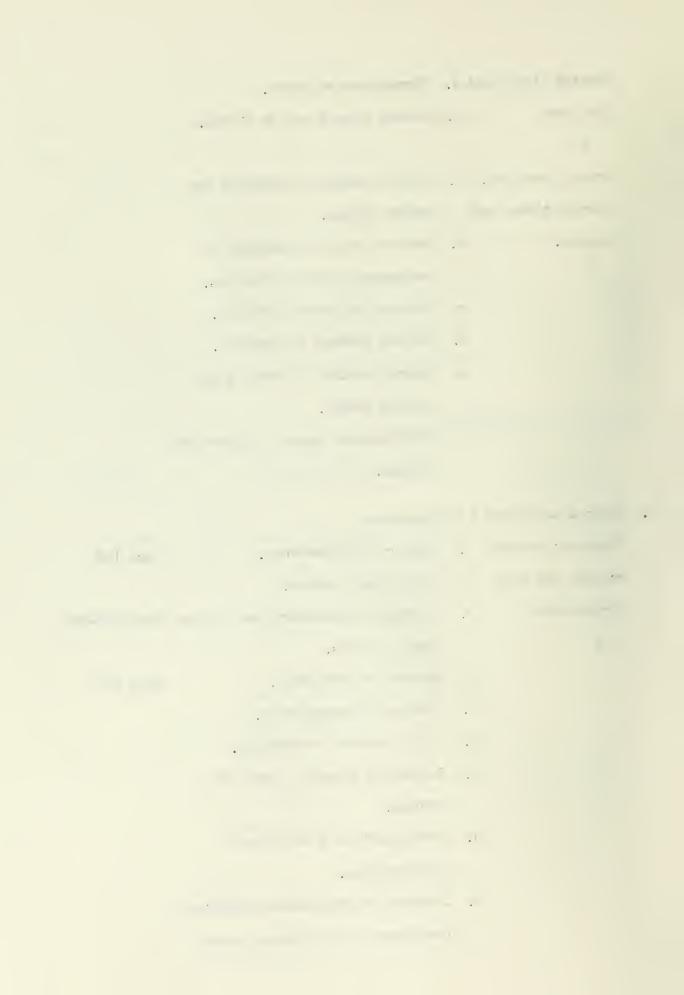
Page 107

erators and deep b. Temperature control.

freeze units. c. Desirable temperature for various Page 109-111 types of foods.

E

- d. Methods of defrosting.
- Page 117
- Problem of condensation.
- f. How to prevent overloading.
- g. Methods of wrapping foods for storage.
- h. Arrangement of foods under refrigeration.
- i. Standard refrigeration sanitation techniques and purpose of same.



3.	The	Range
2.	THE	uanke

4.

Operating a kit- a. Types of fuels used. Page 106 chen range. b. Use of thermostats and temperature \mathbf{E} controls. Starting and shut down procedures. Directions that C. come from the Safety rules. Interpretation of maker's opermanufacture of d. ating instructions. the range. e. Knowledge of heat conservation. Directions for a. Care of burners, enamel, oven, Home Service cleaning a stove. and broiler. Department of gas E b. Daily care. and electrical Thoroughly cleaning procedures. companies. d. Good habits necessary in the use Pages 111-112 of the range. Storage of Food (This may be taught with each food unit if desired.) Cereals. a. Spoilage. Page 50 E b. Types of containers used. Vegetables. a. Canned. Pages 240-243 E b. Fresh. Dried. C. d. Frozen. Fruits. a. Canned. Pages 37- 44 E b. Fresh.

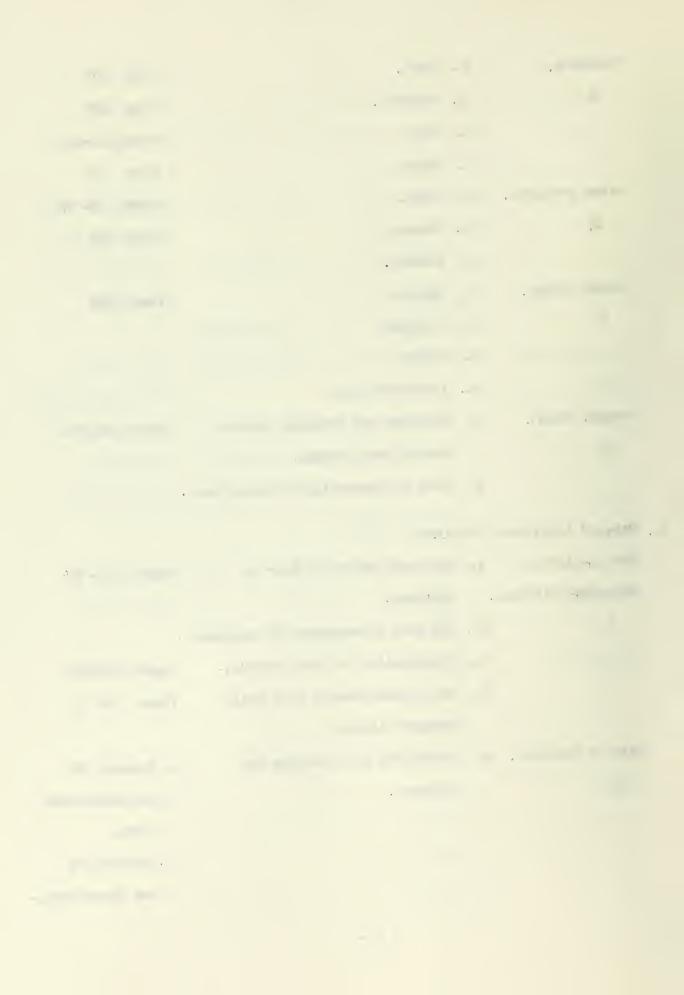
c. Dried.

d. Frozen.

. 15 . . _1_1_1 . , 70å t (t . g . (i cirr i o (C) - (1) • . . . 1 12 ... 14 . . -. .

Proteins.	a.	Meat.	Page	205	
E	b.	Poultry.	Page	231	
	С.	Fish.	Pages	219-223	
	d.	Eggs.	Page	63	
Dairy products.	a.	Milk.	Pages	74- 75	
E	b.	Cheese.	Page	136	
	c.	Butter.			
Cooked foods.	a.	Cakes.	Page	178	
E	b.	Cookies.			
	c.	Pastry.			
	d.	Leftovers, etc.			
Frozen foods.	a.	Wrapping and freezing foods -	Pages	504-506	
E		use of deep freeze.			
·	b.	Care of commercially frozen food.			
Care of Individual	Sta	tions,			
How to plan an	a.	The most efficient type of	Pages	92- 95	
efficient kitchen.		kitchen.			
D	b.	The best arrangement of equipment.			
	С.	Organization of work centres.	Pages	100-102	
	d.	Basic requirements of a well	Pages	22- 27	
		managed kitchen.			
Care of station.	a.	Directions for cleaning the	1. Su	mmary of	
E		kitchen.	pre	evious sect-	
			io	ns.	
			2. In:	structors	

own directions.



6. Care of the Floor.

Study floor a. Linoleum.

Johnson's Wax

finishes.

b. Tile.

Pamphlets.

D

c. Cement.

d. Wooden.

Directions for a. Daily care.

care of each floor b. Weekly care.

finish.

E

Sanitation rules. a. Necessity of keeping floor clean

E to prevent accidents.

b. Local laws.

Serving

A. Where there is a cafeteria each student should have experience working in the cafeteria line.

E

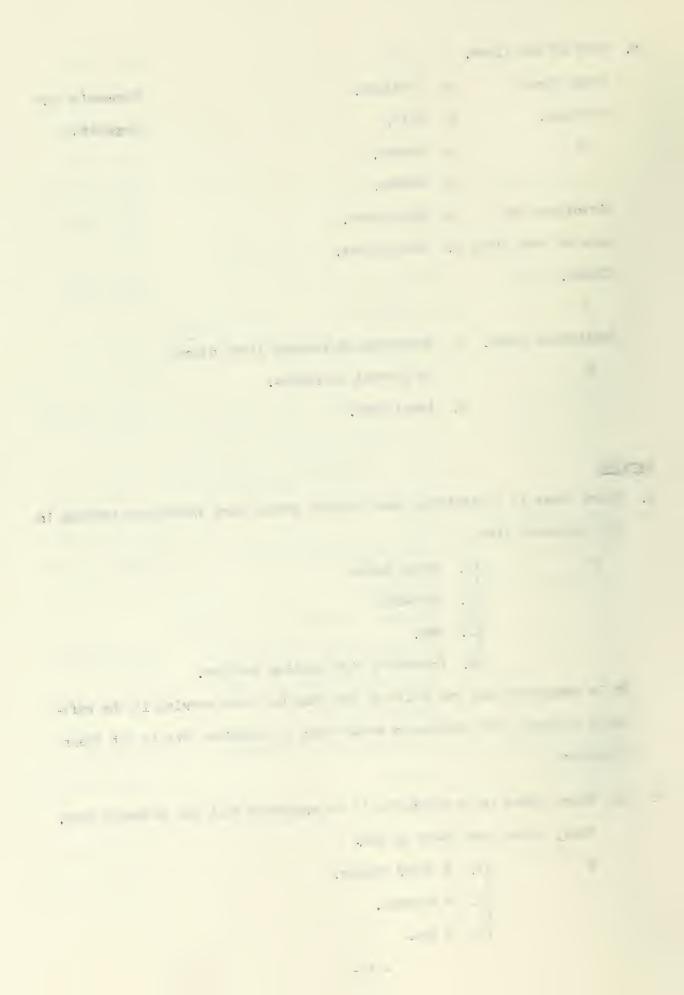
(1. Steam table. (2. Desserts. (3. Bus.

Operating dish washing machine.

It is suggested that one third of the time be spent working in the cafeteria at noon. The instructor would need to organize this to fit their situation.

B. (a) Where there is no cafeteria it is suggested that the students plan, cook, serve, and clean up for;

E



(b) Trips should be arranged to restaurants, hotels or hospital kitchens where large quantity equipment is used.

D

Nutrition

A. Food Needs of the Body.

B. The Guide to Daily Meals.

E

Foods give energy.	a.	Calories and their function.	Pages	3- 4
	b.	Individual caloric needs.	Pages	4- 5
	С.	Carbohydrates insure fuel supply.	-	510-512 5- 7
Fats protect	a.	Fats and their functions.	Pages	7- 8
health.	b.	Individual fat needs.		
Proteins promote	a.	Proteins and their functions.	Page	9
growth.	b.	Individual protein needs	Pages	9- 10
Minerals build and	a.	Minerals and their functions.	Pages	10- 11
regulate the body.	b.	Individual mineral needs,	Pages	12- 13
		calcium, phosphorous, iron,		
		copper and iodine.		
The importance of	a.	Their function.	Pages	14- 17
vitamins.	b.	Individual needs: Fat Soluable,		
		Vitamin A, D, E, and K, Water		
		Souable Vitamins, Thiamin (B ₁),		
		Riboflaven (B2), Niacin, Vitamin		
		C (ascorbic acid).		
Water.	a.	It serves many purposes.	Pages	17- 18

b. Menus based on Canada's Food Page 34

Pages 18- 19

a. Canada's Food Guide.

Guide.

AND SECURE AND ADDRESS OF THE PARTY OF THE P , and the same of The state of the s . 1 110 2 10 3 ...\ . . . 77 . -11 7 . - Hart and the same of

...

-0.50

E P

Plan, Prepare, and Serve:

Breakfast Pages 82-87
Pages 88-89

Luncheon Pages 1877190

Page 342

Dinner Page 263
Pages 266-267

Buffet Pages 334-335

Sauces

Preparing ingred- a. Quantities required. Page 156

ients.

b. Knowledge of formula and procedures for thin, medium, and thick.

c. Uses of herbs, spices, and flavourings.

d. Correct thickening agents.

Making and cooking.a. Types and uses of "Roux".

b. Mixing and blending techniques.

c. Required time for cooking.

d. Correct cooking temperatures.

e. Knowledge of correct consistency, smoothness, and textures.

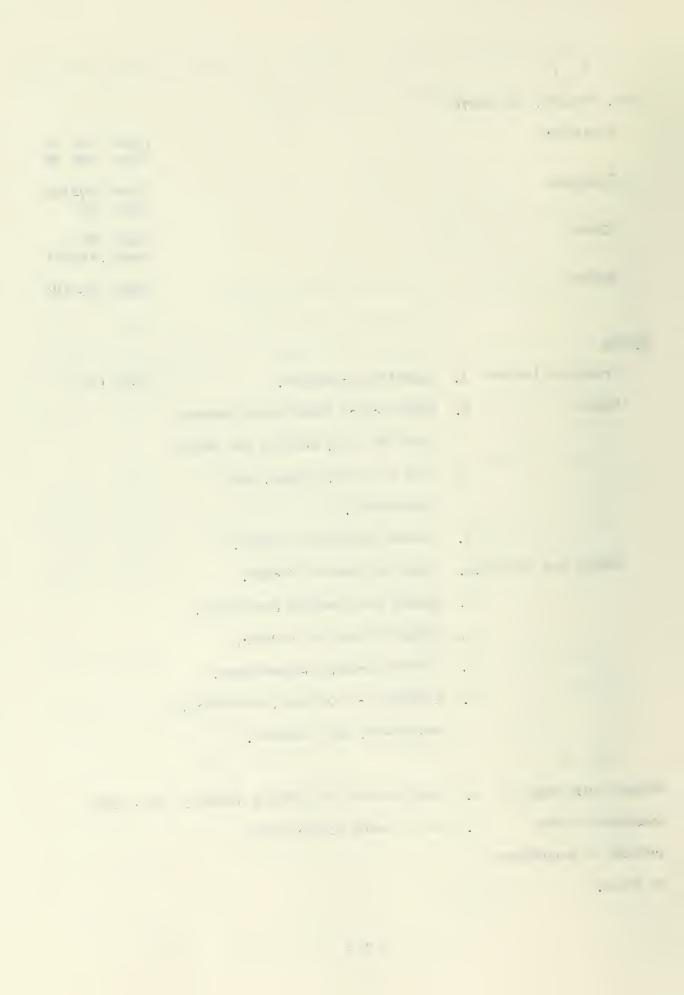
E P

Prepare each type in a. Where sauces are used in cookery. Page 423

combination with b. How to serve attractively.

protein or vegetables

on toast.



Vegetables - Choice, Preparation, Cooking

Prepare report on a. Value of vegetables in diet.

vegetables avail- Consider mild flavored and strong Pages 238-260

able from local b. Choice and care of vegetables -

market. Canned vegetables.

a. green, seed and Root vegetables.

pod. Green and seed vegetables.

b. root and tuber. Frozen vegetables.

D P Choice determined by -

Quality.

Cost.

Storage space available.

Use.

Time available for preparation.

Open cans of two c. Advantages and disadvantages of:

grades of peas of same 1. Canned vegetables.

size and two grades 2. Fresh vegetables.

corn - cream style. 3. Frozen vegetables.

Compare flavor, texture, 4. Dehydrated vegetables.

color and solid content.

Determine to what Methods of preparing fresh vegetables.

type of dish each General

is best suited. 1. Boiling - Principles. Page 249

D P a. Amount of water needed. General Methods

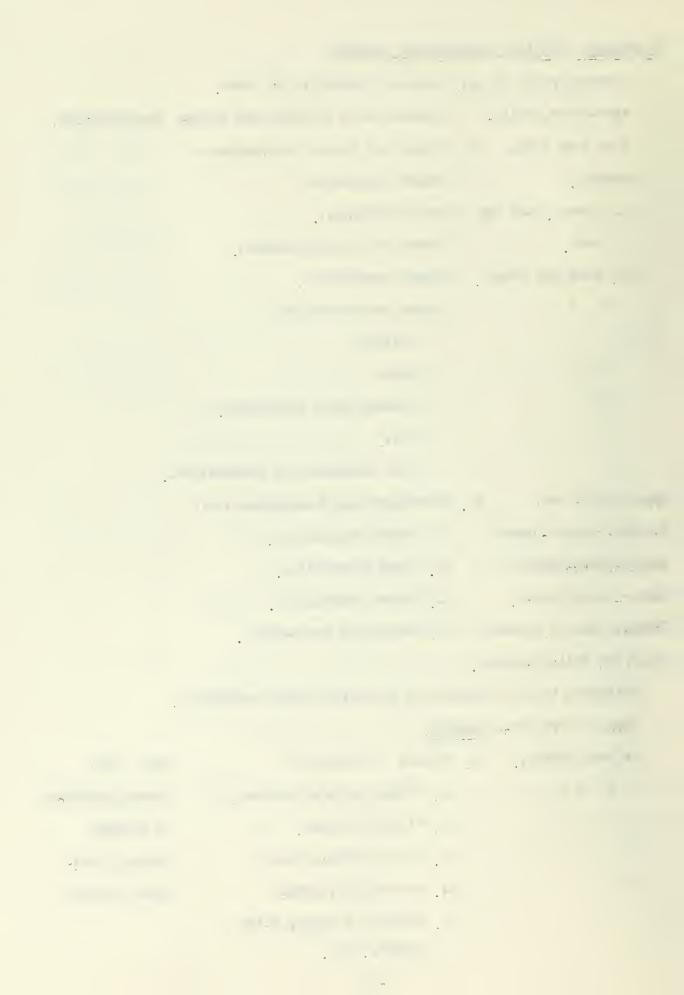
b. Size of pieces. of Cooking

c. Use of boiling water. Cooking Chart

d. When salt is added. Pages 413-419.

1 4505 417 417

e. Methods to retain color, flavor, etc.



3. Baking - includes casseroles. 4. Pressure cooking. Demonstrations - how to prepare and serve. Potatoes - Boiled. Mashed. Creamed. Where Used: Baked. Page 250 Paged 419 Scalloped Pan fried - raw vegetables Page 418 Hashed brown - cooked vege- Page 418 tables-sauted-meaning. French fried. Page 417 Root Vegetables Discussion. Beets - methods of preparing and Page 413 serving - whole) advantages and) disadvantages Carrots. Parsnips. Turnips. Page 415 Salsify. Rutabagas. Onions - scalloped. Page 415 boiled. creamed. au gratin.

2. Steaming.

£ . η-, • A 1 to 1 to 1 to 1 to 1 · Gyang - 1 At the first terms of the second seco 400 12 ·A. . (

Page 413 Discussion - Green Vegetables buying and select- Group - similar in flavor and/or Page 414 ion considerations.method of preparation. E P broccoli. cabbage. brussels sprouts. cauliflower. greens - spinach. Page 414 swiss chard. celery. Peas - fresh. canned - grade size. Page 415 Beans - green. Page 415 wax. lima. Fresh. Canned. Preparation of each type. Advantages of each type -Peas) dried Beans) preparation cooking - where used. Miscellaneous Vegetables Tomatoes - fresh. canned. scalloped. Page 420 baked. Page 421

- 10. j E At a second of the second of t . . . 11 740 2 2, 3,800 . · L. . A Promotion of Arrive . . - 120 .*. . The same of the sa ** .00 054 46-,

.

Corn - fresh on cob. Page 156

canned - scalloped. Pages 157-158

Frozen Vegetables

Preparation. Page 419

Advantages) of purchase and use.

Disadvantages)

Care of frozen vegetables.

Vegetable Soup. Discuss types and where and how Page 154

to serve.

Compare cost of Vegetable soups - cream.

purchased soup, chowders.

canned, dehydrated, using dried peas

and frozen. and beans.

D P How to serve and garnish attractively.

Make each type

if time permits.

D P

Raw Vegetables Vegetables served raw as accompaniments,

and Salads, salads, and appetizers.

Choice - care, consider seasonal

effect on cost.

Salads - kinds of salads and their Pages 158-160

uses.

Preparation and Garnishes, salad dressings, etc. Pages 161-163

serving of salads.

Types - main dish. Pages 391-396

- accompaniment.

. . . . 7-1 6 1 3 : (-. 11 _ 101 . 1 01 " " . 6 - 1 3 Det . A (1) * \$0 V . The state of the -- ye , (C) 4 . .001 - - -· 1

Prepare salad garnishes and dressings of various types.

PE

Practical Cookery

Prepare, cook, and serve at least one vegetable from each group. This may be served as a vegetable plate.

E P

Meat Cookery

Food value.

Chapter 16

Place in the diet.

Identification.

Identify the kinds Names and location of the cuts of Pages 192-217 and types of meat. meat.

Make diagrams. Structure of meat -

Observe under a

hollow fibres.

miscroscope.

connective tissue.

D P

extractives.

Identify tough and Causes for tough and tender meat -

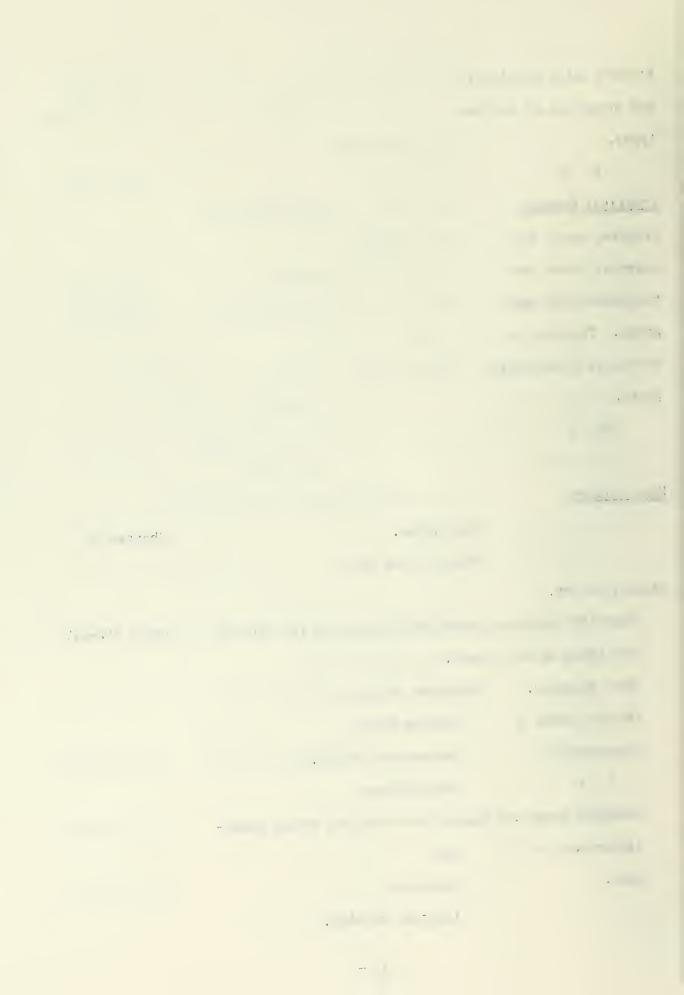
tender cuts of

age.

meat.

exercise.

improper cooking.



Storage.

Storage of meat.

Grades.

Grading of meat - standards used Page 202

for each grade.

Cookery Projects

P E

Prepare, season, Principles of cooking meat - Pages 437-439

and serve

searing.

attractively:

temperatures used.

Page 428

Swiss steak. use of moist and dry heat.

Page 434

Pot roast.

Method of preparing and seasoning

Steaks. meats for grilling.

Chops.

Procedures in cooking frozen

Hamburgers.

steaks and chops.

Roasts.

Recognized terminology for cooking

steaks.

Techniques of turning and marking grilled

meats.

Carving.

Types of knives.

Pages 211-216

Practise on vari- Slight cooling of meat.

types.

Rolled roasts.

D

Standing rib.

Legs.

Steaks.

Compare the costs of

the meat prepared.

Meat stew with

Types of marinades and their uses.

dumplings.

Types of covered braising pans.

E

Procedure for stewing.

. L. 11 \$ 4.7 į , - (î . . .

Suitable root vegetables, aromatic

herbs and seasoning required.

Methods of de-fatting and thickening Gravy.

E gravy.

Types of garnishes required.

Various types of stews - goulash,

curries, etc.

Prepare and serve

attractively: Variety meats --

> E identify types.

Liver and bacon. food value.

Tongue. cost.

Heart. methods of purchasing.

Kidney. care in storing.

freezing and thawing.

necessary precooking preparations.

trimming and cutting for various

uses.

methods for tough and tender

types.

Entrees

Macaroni and cheese.

Escalloped dishes. Review cream sauces.

Cooking alimentary pastes.

ccoking freely.

importance of salt.

preventing sticking or boiling over.

tests for doneness.

reasons for complete drainage of

water.

Page 409

Page 156

Pages 419-420

Pages 435-436

, TC . LATER VIEW 1 1 . . . Car Section 1 4 į • | . (1) ٠ ١٠,

Seasoning and garnishing .

methods of serving.

reasons for buttering and

seasoning.

types of grated cheese.

Spaghetti and meat Types, quality, and strength of spices,

sauce. herbs, seasonings and their use.

Chili Con Carne. Procedures in blending spices. Page 366

Rice - Spanish. Boiling and steaming of rice. Pages 48-50

Eggs - soft and hard Cookery principles.

cooked. Food value. Pages 61-68

- deviled. Grading standards for each grade

E and methods of recognizing each one. Pages 367-372

Recognizing freshness.

Duration of cooking hard and soft

cooked eggs.

Procedures for cooling and shelling

of hard cooked eggs.

Methods of advance cooking and storing.

Methods of serving soft-cooked eggs.

- poached. Methods of poaching.

Use of boiling water.

Time and temperature of cooking.

- fried. Methods of frying.

Procedures for shirred eggs.

- omelets. Types of omelets and omelet pans.

Techniques for making a rolled omelet.

Method of adding garnishes.

• reconstruction of the second second - 51 H . 9¿ .0"1 1 1 1 1 1 1 ii sjir .. Part of the second n grási i a a a a a a the man of the . 20 ***

.

. . .

. 49° A

10 ^ - 1 = 1

Method of filling a rolled omelet.

Importance of temperature of the

butter.

Mixing and seasoning eggs.

Method of mixing and setting a French omelet.

Reasons for immediate consumption.

- scrambled. Method of beating eggs and seasonings.

Correct cooking temperature.

Required degree and consistency of

cooking.

Necessity for constant stirring.

Methods of serving on toast with

bacon or other garnish.

Fish casseroles from Importance of proper seasoning and Pages 441-442 canned fish. garnishing.

E

Bakers Products

Quick Breads (batters and doughs)

Measuring and sifting a. Types, kinds, and characteristics Pages 47-50

dry ingredients. of flour or other cereals used Pages 52-53

D P in quick breads.

b. Types, kinds, and uses of baking Pages 53-55

powders or substitutes.

c. Science--chemical reaction of Page 53

baking powders or substitutes.

d. Use of salt.

. -.1 . - - 1 100 . . . F) = el Y ing the same of the same . . . + 1 The state of the s - (. 2 **o . 15- 15-

	e.	Reason for sifting standard flour.			
		Pre-sifted flour.			
	f.	Additives to quick breads.	Page	55	
	g.	Types, kinds, uses, and varieties	Page	55	
		of sweetening agents.			
	h.	Techniques and reasons for mea-	Pages	25- 2	7
		suring or weighing ingredients.			
Measuring and mixing	a.	Amounts and temperature of various			
liquids and eggs.		liquids.			
D	b.	Use of eggs.	Pages	54- 5	55
	С.	Methods of blending and reaction			
		of eggs.			
Blending and mixing	a.	Types, kinds, uses, and techniques	Pages	55- 5	6
fats.		of blending in fats or oils.			
	b.	Types of quick breads using			
		melted fatsgriddle cakes,			
		waffles, popover.			
Mixing dough and	a.	Types of batters or dough for	Pages	55- 5	6
patter.		various uses:			
E P		pour batter.			
		drop batter.			
		soft doughs.			
	b.	Importance of machine or hand			
		mixing.			
	С.	Techniques of mixing to produce	Page	55	
		good quick breads.			
		Indication of correct consist-			
		ency for various uses.			

. . - 0 No. of the second secon in ? ----. / --. the Arman Artifact ार्ट क्ट्री बन्दरी र - 14 , 16 1. g. 1 . T ... • (1) 3 4 A: 1 , - 45 /4 . 6 ...

- a. Method of cooking various types Baking quick breads. of quick breads.
 - Time, temperature and method of Page 57 baking.
- ing.
- Serving and garnish- a. Types, kinds and methods of service--hot or cold.
 - b. Types, kinds and use of various garnishes or sauces on quick breads.

Cookery Project

E P

Page 376 Griddle cakes. Waffles. Page 377 Page 56 Muffins. Pages 378-379 Baking powder biscuits. Page 381 Fruit and nut breads. Pages 379-380

Quick coffee cake. Page 380

Cakes (made with shortening)

- Measuring and sifting a. Types, kinds, and characteristics Pages 171-173 dry ingredients. of flour used in cakes.
 - D P b. Types, kinds, uses of baking powder or substitute.
 - c. Use of salt.
 - d. Reason for sifting.
 - e. Necessity of formulas.
 - f. Additives to cakes.

. • . (==0 · 01/1/1/13 . • O818-41 Contract to the contract of th the second of th . plantsyn i . of Mil to the control of • . . .

. -

- g. Types, kinds, uses, and variety of sweetening agents.
- h. Techniques in measuring, or weighing ingredients.
- i. Effect of varying altitudes in cake baking.
- j. Science-chemical reaction of baking powder under various conditions.

Types, kinds, textures, uses, and techniques of mixing or blending fats.

D P

eggs.

Blending and mixing

fats.

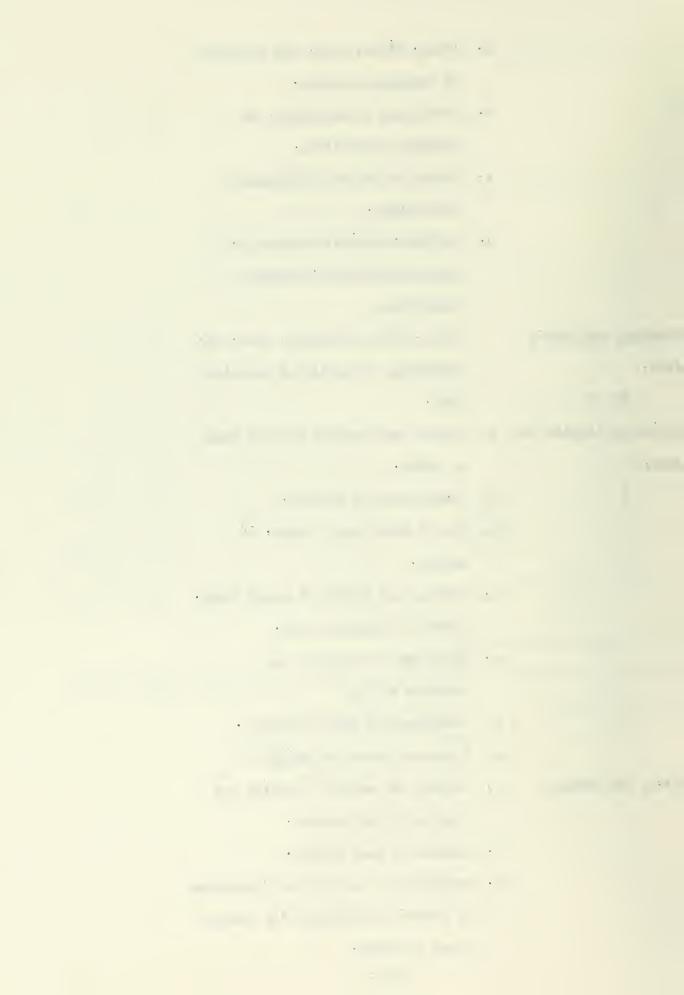
Mixing in liquids and a. Amounts and various liquids used in cakes.

P

- b. Temperature of liquids.
- Use of whole eggs, yolks, or C. whites.
- Storage and method of using fresh, d. frozen or powdered eggs.
- e. Technique of blending and reaction of egg.
- f. Techniques of using flavours.
- Types and use of coloring. g.

Mixing the batter.

- a. Variety and method of mixing and results of each method.
- b. Machine or hand mixing.
- Techniques of mixing and indication of correct consistency for various types of cakes.



d. Method of mixing and using; comparison with prepared cake mix.

Portioning and filling a. Types, kinds, and care of containers.

containers.

- b. Preparing containers.
- c. Quantity of batter for containers.
- d. Techniques of handling filled containers.

Baking cakes.

- a. Time, temperature and method.
- b. Loading ovens and use of controls.
- c. Results of opening oven too soon.
- d. Indication of sufficient cooking.

Cooling and storing.

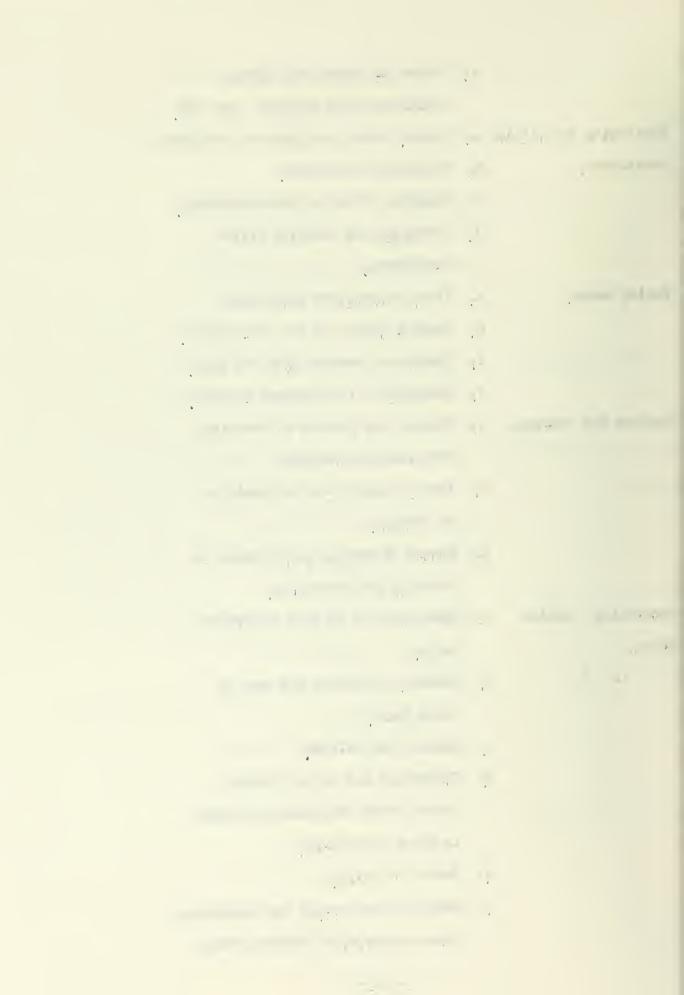
- a. Reasons and methods of removing from pans and cooling.
- b. Types, temperature and humidity of storage.
- c. Method of packaging and method of freezing and defrosting.

Decorating - butter icing.

a. Types and use of fats in butter icing.

D P

- b. Amounts, varieties and uses of icing sugar.
- c. Reasons for sifting.
- d. Techniques and use of flavour, color, fresh and preserved fruits in icing and filling.
- e. Method of mixing.
- f. Method of decorating and spreading, types suitable for various cakes.



g. Storage of surplus icing.

Cookery Projects.

E

Plain cake. Page 461

Spice. Page 464

Chocolate. Page 464

Confectioner or butter icing. Page 473

Fruit Upside- a. Method of arranging fruit. Page 465

down Cake. b. Use as dessert.

c. How to serve.

Cookies

Measuring and sifting a. Types, kinds, characteristics, dry ingredients. and uses of flour in various types of cookies.

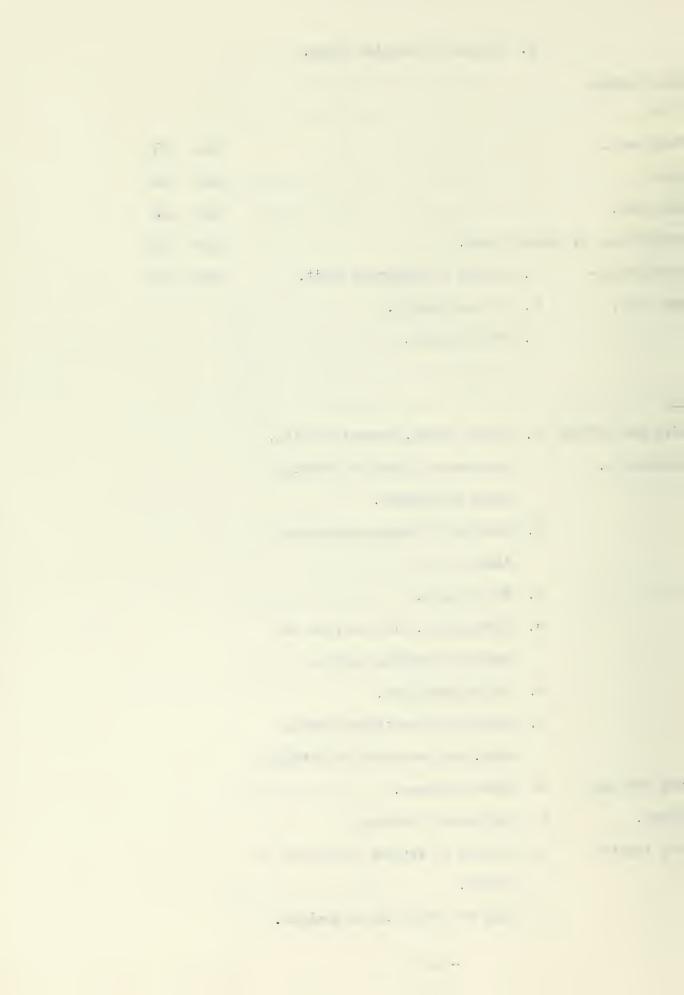
- b. Results of varying amounts of flour.
- c. Use of salt.
- d. Types, uses, and reactions of various leavening agents.
- e. Use of additives.
- f. Variety of sweetening agents, uses, and reactions and results.

Measuring fats and a. Types and uses.

shortenings. b. Methods of blending.

Measuring liquids. a. Results of varying the amount of liquid.

b. Eggs and their use in cookies.



- c. Use of flavours.
- Adding nuts and fruits.
- .a. Techniques of adding, handling, and stirring nuts and fruit.
- b. Methods of chooping, or cutting nuts and fruit.
- c. Techniques of adding to mix.
- Panning cookies.
- a. Types and conditions of pans or sheets.
- b. Reasons for spacing.
- c. Texture and method of machine cut cookies.
- d. Techniques of panning various types of cookies.
- Baking cookies.
- a. Temperature of oven.
- b. Indication of sufficient cooking.
- c. When and how cookies are removed from pans.
- d. Use of racks for cooling.
- Decorating cookies.
- a. Types of decorations and reasons for use.
- b. Decorations on pre-baked cookies.
- Storing cookies.
- a. Methods of storing.
- b. Methods of packaging.
- c. Conditions of storage.

Cookery Projects

D P

Drop; cookies.

Rolled cookies.

Pages 177-178

Page 470

Page 468

. ATTENDED TO STATE OF THE PARTY . • / . 1 1 117 -10-. 1 . .

date bars

Page 472

Pies and Tarts

Pastry.

a. Various kinds of pastry.

Pages 179-182

P E

b. Preparing fat and shortening.

c. Measuring and sifting dry Page 473 ingredients.

- d. Measuring ingredients.
- e. Rolling pastry.
- f. Putting pastry in pans for single and two crust pies.
- g. Baking pies and tarts.
- h. Storing pies and tarts.

Fruit fillings.

P E

a. Obtaining the fruit -

- fresh - how to clean

Pages 182-183

- canned.
- b. Making the filling +
 - method of preparing fruit.
 - types to be precooked.
 - types to be used raw and additives and thickening agents and use of each.
 - proper consistency of filling for pies and tarts.
- c. Filling the pie or tart.
- d. Covering the fruit filled pie Page 479- variations in tops.

. . . 10 . 1 . _ | | . . -7 • † 1 . 0 , 111 . . the state of the s

- methods and reasons for crimping top crust.
- reasons for vents.
- reactions of various fillings to oven temperature.
- method or technique of baking pre-frozen fruit pies.

Cookery Projects

Apple.

Raisin.

Cherry.

Apricot.

Mince.

Fruit

Types of fruit.-

- appetizers and breakfast fruits.
- fresh.
- dried.
- canned.
- frozen.

Importance of fruit in the diet. Pages 34-35

Consideration of cost -

- in season.
- in quantity.

Method of preparation of fruit.

· « e .= . and the second 4.1 .--¢ ---

Cookery Projects

P E

Prepare fruit of a. Cooked sauce. Pages 43-46

different types b. Baked - fresh - canned.

in a variety of c. Dried fruit.

ways or as a d. Fruit salad.

demonstration. e. Appetizers - cocktails.

f. Compote.

Page 125

g. Fresh fruit.

Consider how fruits are served.

Consider where fruits are used in

the menu.

Desserts

Prepare, garnish and Review the cooking of fruit. Pages 43-45

serve attractively - Use of prepared fruit.

Fruit Crisp. Cost comparisons of above.

Fruit Cobbler.

Cornstarch Pud- Principles of milk cookery. Page 170

ding with - use of double boiler.

variations. - effect of boiling. Pages 458-459

E - prevention of skin formation.

Use of pudding mixes with cost

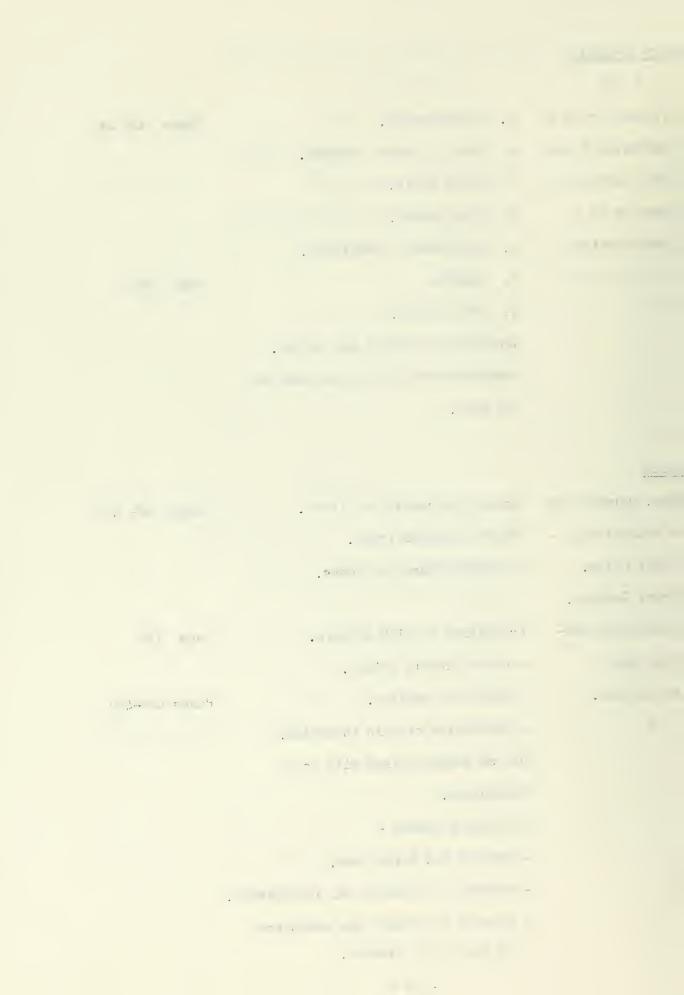
comparison.

Thickening agents -

- amounts and types used.

- methods of blending dry ingredients.

reasons for using eggs additions
 of egg to hot liquids.



- time and temperature of cooking.
- reaction of egg during cooking.

Tapioca and Rice

Types, origin, use of cereals. Page 460

Desserts.

Reasons for soaking.

Page 458

E

Types and amounts of liquids used.

Sweetening agents and flavours.

Use of butter.

Temperature, time and effect of cooking.

Indications of sufficient cocking.

Reasons for and reactions during cooling.

Methods of storing cooked desserts.

Types and methods of garnishing.

Use of sauces.

Sauces.

Measuring and preparing liquids. Pages 426-427

Chocolate.

- types, use and variety of liquids.

Lemon.

- flavours and methods of using.

Caramel.

- Use of fresh, frozen, canned, dried.

Butterscotch.

- use of jams, jellies and methods

of preparing.

E

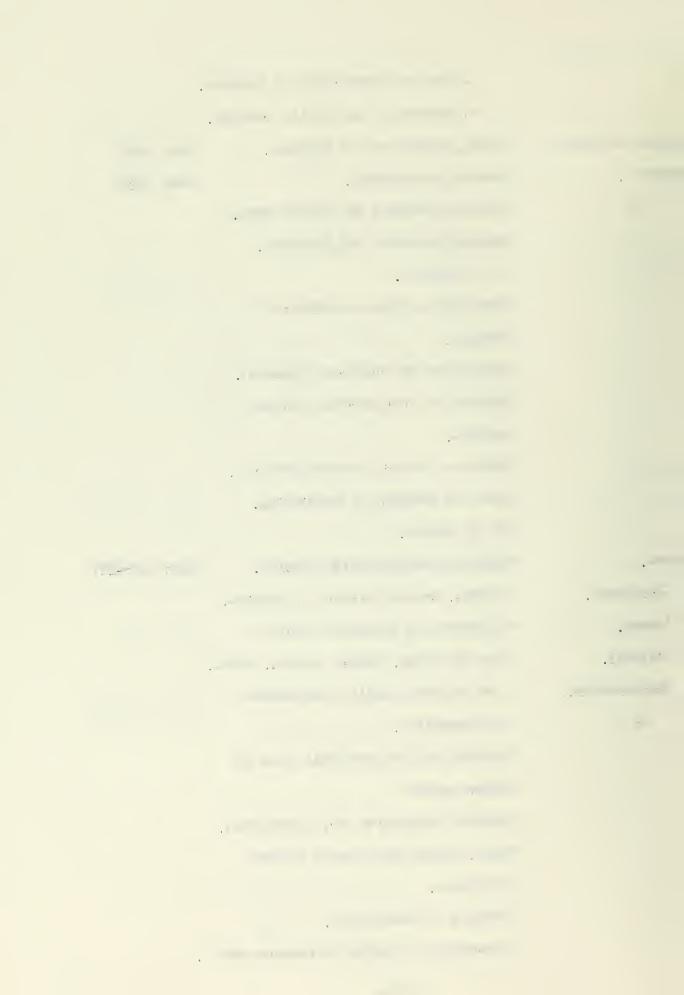
Varieties of fats and their uses in various sauces.

Combining and adding dry ingredients.

Types, amounts and uses of thicken-

ing agents.

- methods of sweetening.
- techniques of adding thickening agent.



- use of salt and other additives.
- reaction of certain fruit on thickening agents.

Methods of refrigerating certain sauces.

Consistency of sauces and amounts to serve.

Gelatin Desserts. (if time permits)

Preparing gelatine -

Page 255

Snows.

Pages 482-483

and use of gelatine.

Reasons and methods of soaking commercial gelatine.

- types, kinds, origin, strength

Reaction of certain fruits on gelatine.

Adding liquids -

- kinds of liquids used.
- required amount of added liquid.
- temperature of liquids.
- methods of adding liquids.

Incorporating other additives -

- types of sweetening used.
- method of adding fresh, frozen or dried fruits.
- other additives used with gelatine.

Filling containers and molds -

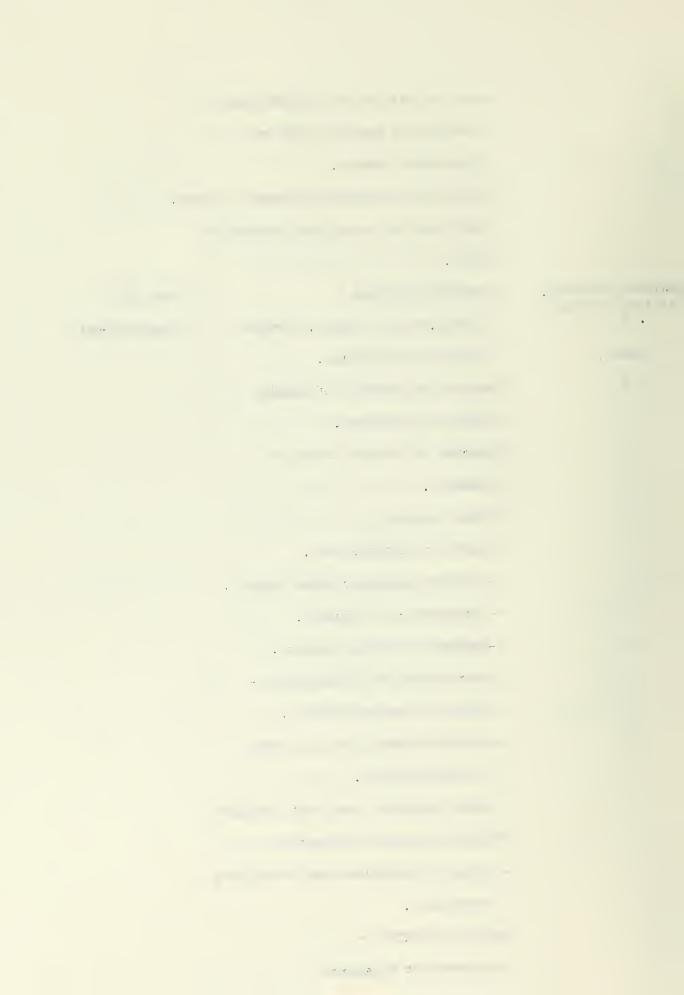
- types of containers and pre-filling practices.

Setting gelatine -

- temperature required.

- 28 -

E



- use of ice-cubes.

Use of prepared mixes -

- time required to set gelatine.

Cost comparisons.

Custard Sauce.

Review egg cookery.

Page 168

Baked Custard.

Pages 457-458

Fruit Whips.

Page 259

- plain.

- baked.

E

SECOND YEAR COURSES

In the second year, the students will do quantity cookery, baking, and work with recipes and quantities suitable for dining room service. They should work in each area as assistant and in charge, taking their turn in all service duties, in the cafeteria, staff dining room, and coffee shop. If these facilities are not available, the instructor must use imagination and ingenuity in developing situations which would enable the students to observe and to gain experience in preparation in comparable situations.

This might be in catering for school groups, men's business luncheons, etc. Arrangements might be made for students to observe and assist in
actual "on the job" situations in the vicinty of the school. This might be in
the local hospital, home for the aged, restaurants and hotels, etc.

Credit - 20

Time - 40 minute periods - 800 minutes a week.

Text - 100 to Dinner by Middleton, Carter, and Vierin - University of Toront.

Press.

. ed to the second of the second $\mathbf{E}\mathbf{I}$. The state of the Carlotte and the control of the cont Proceedings of the control of the co e made de transcription de la company de .80 1 -0 -1 edomatical transfer of the second of the sec ent of the sound o

. (| | |

. Programme and the second sec

301

.

- L

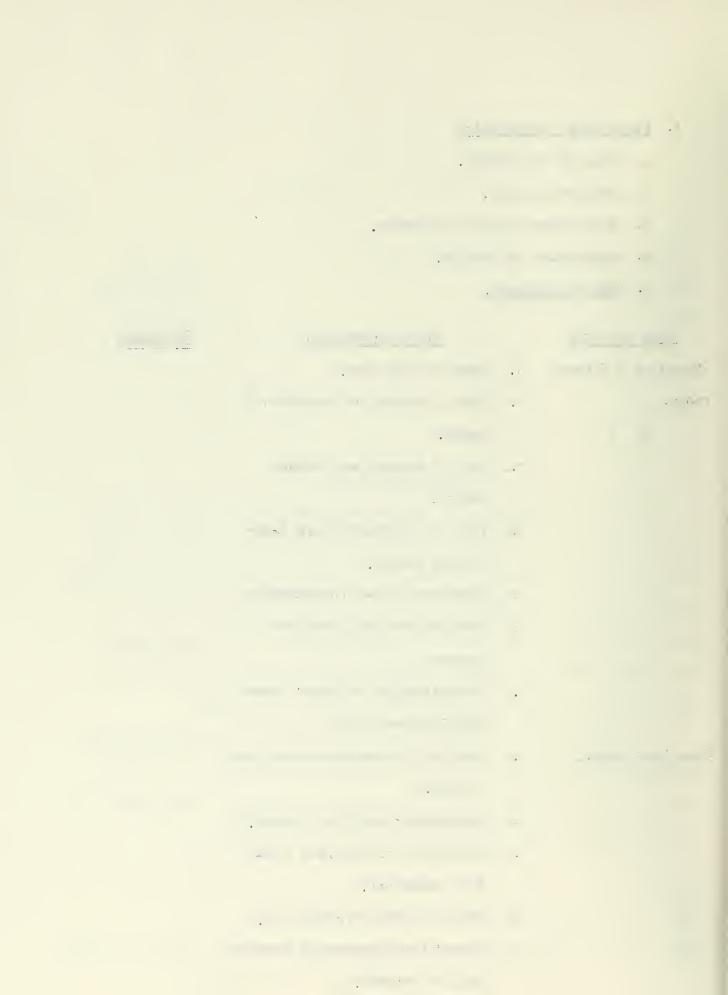
.

I. First Week - Orientation

- 1. Tour of the kitchen.
- 2. Uniform and care.
- 3. Explanation of job assignments.
- 4. Explanation of grading.
- 5. Use of equipment.

Work Activity		Basic Information	Reference
Operating a kitchen	a.	Types of fuel used.	
range.	b.	Sizes, variety and capacity of	
E P		ranges.	
	c.	Uses of dampers and draught	
		control.	
	d.	Types of thermostats and temp-	
		erature control.	
	e.	Knowledge of heat conservation.	
	f.	Starting and shut down pro-	
		cedures.	
	g.	Interpretation of Makers' oper-	
		ating instructions.	
Deep fat frying.	a.	Details of construction and type	
		of fryer.	
	b.	Recommended operating capacity.	
	С.	Knowledge of frying and break-	
		down temperature.	
	d.	Types of fats and frying oils.	
	e.	Necessity of preventing burning	

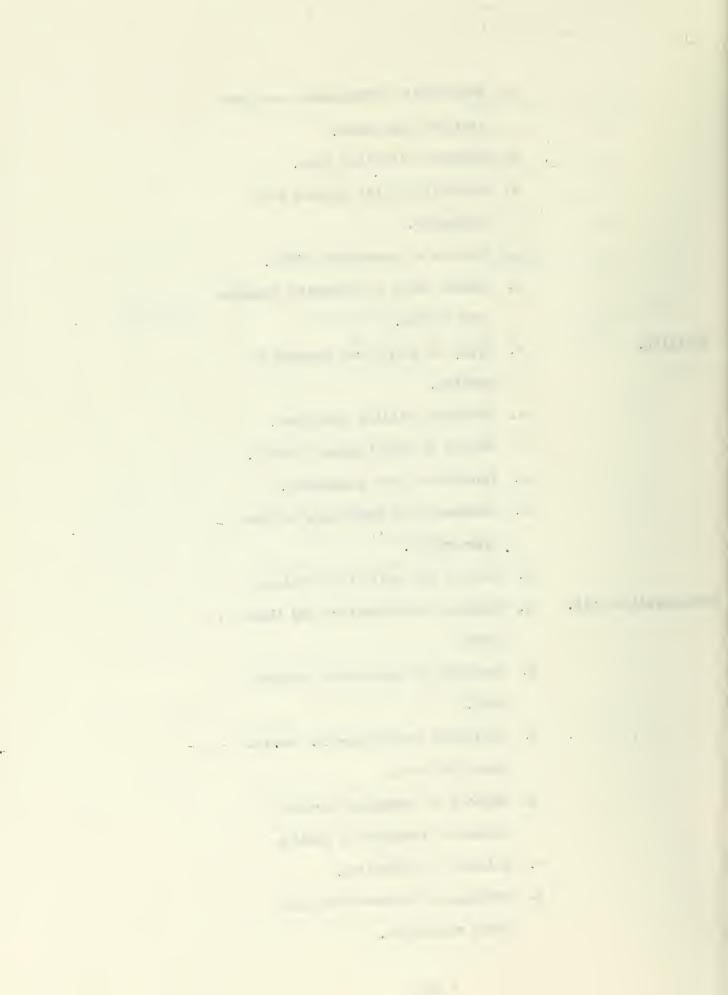
and fat breakdown.



- f. Ventilation requirements and protection from fumes.
- g. Methods of cooling fats.
- h. Necessity of fat filters and strainers.
- i. Methods of preventing fires.
- j. Simple tests to determine temperature of fat.
- Types of grills and methods of heating.
- b. Standard grilling practices.
- c. Method of conditioning a grill.
- d. Function of the salamander.
- e. Advantages of barbecuing on open type grills.
- f. Uses of the solid top broiler.
- a. Types of refrigerators and their was uses.
- b. Location of temperature control dial.
- c. Desirable temperature for various types of foods.
- d. Effects of expansion control valves on temperature limits.
- e. Methods of defrosting.
- f. Problems of condensation and their prevention.

Grilling.

Refrigeration unit.



- g. Operating techniques to prevent overloading.
- h. Methods of wrapping foods for storage.
- i. Common types of containers to prevent dessication.
- j. Methods of thawing out.
- k. Arrangement of foods under refrigeration.
- Knowledge of efficient air conditioning and circulation.
- m. Standard refrigeration sanitation techniques and purpose of same.

Hand and machine dish washing.

Prerinsing dishes.

- a. Methods and advantages of sorting, prerinsing or scraping dishes.
- b. Reaction of dish soil on cleaning agents.
- c. Reasons for condemning dishes.
- d. Local regulations re hand washed and machine washed dishes.

Washing dishes and flatware.

- a. Variety of types, kinds, uses of cleaning agents.
- b. Methods of adding detergents to wash water.
- c. Temperature, hardness and conditions of wash water.

. . 1 . 4 * . - 0 . . 18 m . -- (2.1) . . 0.0 .404

- d. Use of foaming and non-foaming detergents.
- Advantages of machine washing. e.
- f. Methods of destaining.

Rinsing dishes

Temperature of water. a.

and flatware.

- b. Common germs found on dishes.
- Drying, handling, and storing dishes
- Correct method of handling and a. drying dishes.

and glasses.

- b. Reasons for not 'towelling'.
- c. Methods to prevent 'spotting'.
- d. Correct method of handling and moving dishes.
- e. Modern methods of stacking and storing dishes.
- f. Variety and types of dishes and glasses.

Cleaning and washing equipment.

- equipment or
- utensils.
- Preparing the a. Types of metals used in equipment and utensils.
 - b. Reaction to scraping and abrasives.
 - c. Reaction of cleaning agents on some metals, e.g., 'pitting'.
 - d. Methods of testing water supply.
- Cleaning utensils a. Precautions in cleaning electrical and equipment. equipment.

---.______. . · Laborator Bress .7 . . . • 4 -1-2

ing a sit

. 0

- b. Importance of sanitary methods of cleaning and sterilizing.
- c. Techniques of cleaning various equipment.
- d. Mechanical methods of cleaning utensils.

Rinsing, drying, a. Correct methods of rinsing.

storing. b. Methods of drying.

c. Methods of storage of kitchen equipment.

II. Job Assignment

It is suggested that you use a four week rotation in each of the following five units. Each assignment must be graded and meet a minimum standard before advancing to another problem.

Large Quantity Cooking

- A. Range Units -
 - E P 1. White sauce.
 - 2. Cheese casseroles.
 - 3. Hot dish casseroles.
 - 4. Meat loaf.
 - 5. Deep fat frying.
 - 6. Grill.
 - 7. Roasting.
 - 8. Stew.
 - 9. Braising.
 - 10. Steaming.

12 - 11 - 10 11000 THOSE TO THE STATE OF THE STATE tron, etc mumitain to the transfer of the tran CO THE SAME ASSESSMENT OF THE SAME ASSESSMENT . . 11 7 . 1 100 . _ _ |

1

. Ata

B. Dessert Unit -

E F

- 1. Conventional cake method.
- 2. Cake mix preparation.
- 3. Pudding mix preparation.
- 4. Pie crust.
- 5. Cream pie.
- 6. Fruit pie.
- 7. Custard pie.

C. Salad Unit -

E P

- 1. Fruit salad.
- 2. Fresh vegetable salad.
- 3. Gelatin salad.
- 4. Mayonnaise with variations.
- 5. Cooked salad dressing.
- 6. French dressing with variations.

D. Sandwich Unit -

E P

- 1. Variety for luncheon.
- 2. Variety for tea room.
- 3. Variety for catering.

E. Bread Unit -

E P

- 1. Muffins.
- 2. Baking powder biscuits.
- 3. Yeast breads.

: . . 3100 . . , 11 to the transfer of the tr . 11 1 0.17985

- F. Vegetable Preparation and Cookery -
 - 1. Potato peeling electric peeler and by hand.
 - 2. Vegetable preparation.
 - 3. Cooking of vegetables a. baking.
 - b. steaming.
 - c. boiling.
 - 4. Soups a. meat stock.
 - b. cream.
- G. Service in the cafeteria lineup in conjunction with each unit. This will be left to the organization of the instructor. Experience must be had in each area.

III. Second Half

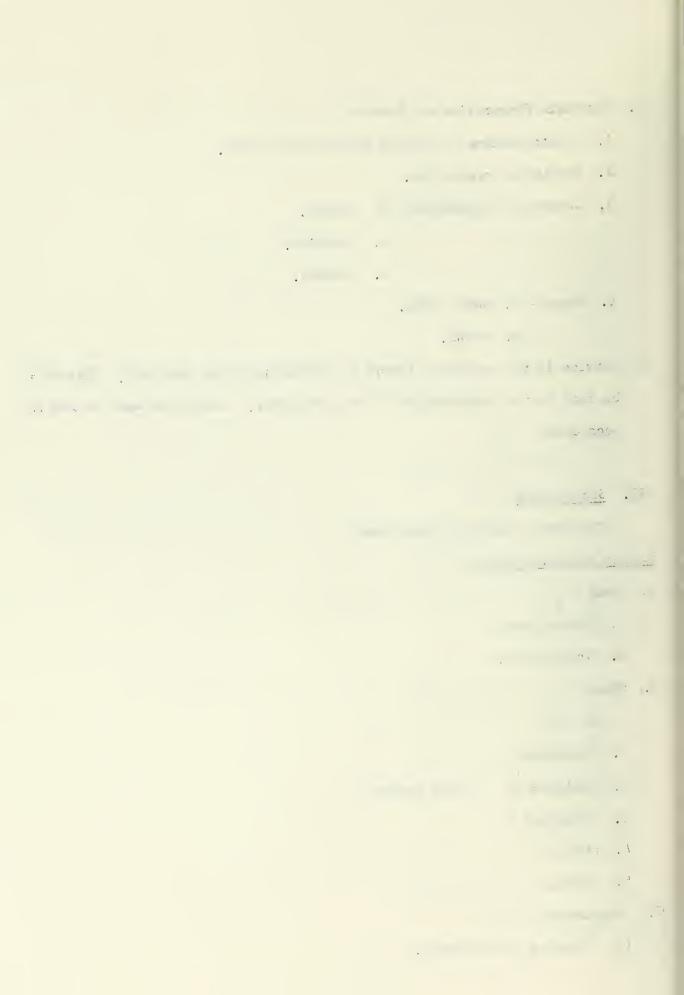
Two weeks rotation in each unit.

Dining Room Quantities

- A. Soup E P
 - 1. Stock soups.
 - 2. Cream soups.
- B. Meat -

E P

- 1. Roasting)
- 2. Braising Gravy making.
- 3. Broiling
- 4. Fowl.
- 5. Fish.
- C. Vegetables E P
 - 1. Cleaning and preparing.



- 2. Steaming.
- 3. Boiling.
- 4. Baking.
- D. Casseroles -

E P

- 1. Meat.
- 2. Fish.
- 3. Cheese.
- 4. Poultry.
- E. Salad Making -

E P

- 1. Preparing greens.
- 2. Vegetables.
- 3. Fruit.
- 4. Molded.
- 5. Fish.
- 6. Dressing.
- F. Sandwich Making -

E P

G. Pastry Making -

E P

Pies - 1. Pie mix.

- 2. Fruit pies.
- 3. Cream and custard.
- 4. Merengue.
- Cakes 1. Cake mixes.
 - 2. Butter cake.

• . . • ! 4 - 00 . . 11. 5. . W 1/4 urn P . ***

- 3. Sponge jelly roll.
- 4. Frosting.

Bread - 1. Bread.

- 2. Rolls.
- 3. Muffins and hot breads.
- H. Dining Room Service -

E P

- 1. Coffee making.
- 2. Steam table a. setting up.

b. cleaning.

3. Dining room work - a. setting up.

b. serving.

c. cleaning up.

THIRD YEAR COURSES

Credit - 20

Time - 40 minute periods - 800 minutes a week.

Text - No text has been chosen but standard recipe and reference books are listed at the end of the curriculum guide.

Work Activity

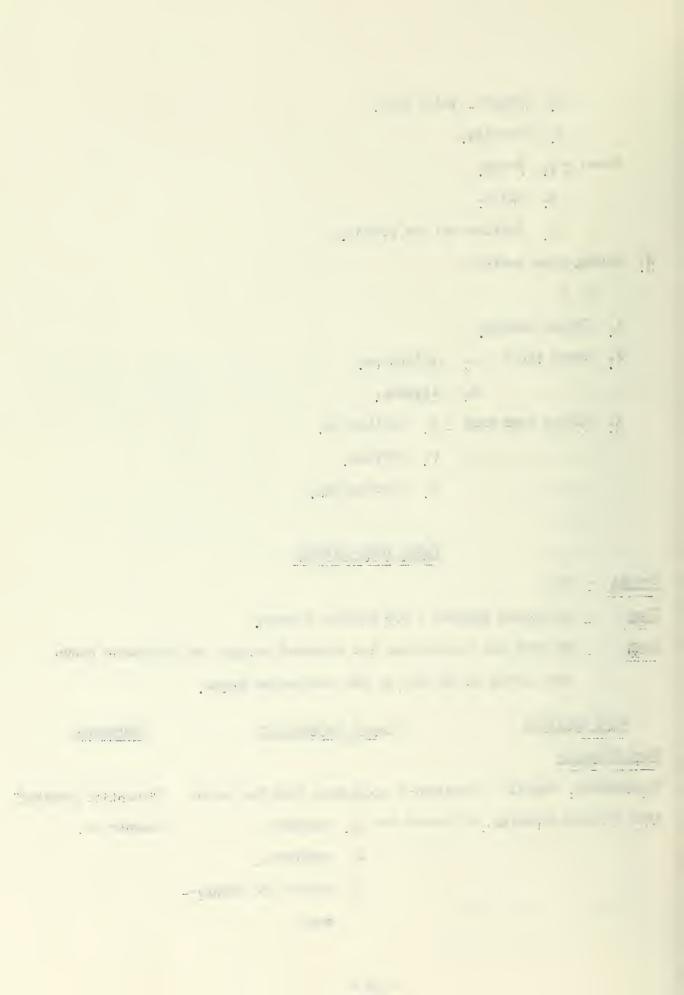
Basic Information

Reference

Menu Planning

Discussion: Import- Consider a good menu from the point "Quantity Cooking" ance of menu planning. of view of the 1. customer. Chapter 1.

- 2. employee.
- office and management.



The effect of the Consider effect of: Chapters 2 and 3 physical plant on the 1. size. 2. arrangement of equipment for type of menu. good work flow. The importance of ful- Basic nutrition recommend in Canada's Chapter 4 filling nutritional Food Guide. Providing a good variety for the requirements. discerning patron. Consider group to be served. Chapter 5 Pleasing the patron or guest. Regional dishes or specialities of area. Consider effect of special days. Consider a sound 1. How the food dollar is spent. Chapter 6 2. How to maintain the established financial plan. food-cost percentage.

- a. by running a daily food cost.
 - b. providing and using standardized recipes.
- c. by figuring per serving costs of all dishes served.

Practical

Work out the cost of a recipe and determine the selling price.

Consider how to use Consider:

Chapter 7

menu.

left overs in the l. How to reduce the amount of left overs.

\$ - 22 D Frank Tilling - early -11. - The state of th tower to the second of the sec A Comment of the Comm , -[~ 1 4 5 4 W 70, 8 ুমণ্ড ---1, 5, 11 white sit will be

List common left 2. Consider reasons for wastage.

overs and possible

uses for them.

Discussion

Judging food and

Consider the effect:

Chapter 8

meals.

palatability--appearance--quantity.

color.

form.

neatness.

arrangement.

-quality--odor.

temperature.

flavor.

texture.

consistency.

Mechanics of writing Consider:

Chapter 9

menus.

- 1. Advantages of weekly or long term menu planning.
- 2. Decide range of choice.

Practical

Make a week's menu Discuss: the use of a set meal with

plan to include: roasts, solid meats, chicken dishes,

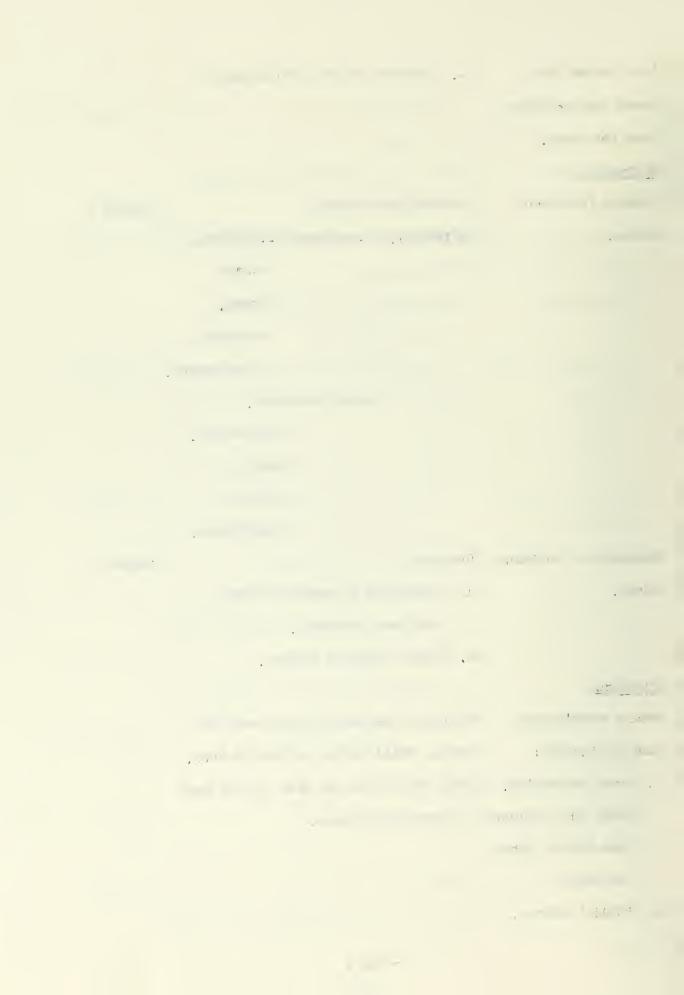
1. roast selection. fish, substitutes or made dishes used

(Make this select- in successive meals.

ion before other

entree.)

2. "Solid" entree.



- 3. Chicken dish.
- 4. Fish or meat substitute.
- 5. Ground, stewed or "made" dish.

Evaluate.

Check the plan for:

- 1. time of preparation.
- 2. use of equipment.
- variety in color, form, and texture.
- 4. no repetition of essential ingredients, flavours, and garnishes.
- 5. use of left overs in the "made" dishes.
- use of terminology for sales appeal.
- 7. check menus for both low cost and high cost. Menus are tested.

Make soup and vegetable menu for one week. Consider:

Chapter 14

1. Choice of soup - stock.

- cream.

and when to serve various types.

- Number and choices of potatoes and other vegetables.
- Discuss appropriate vegetables and accompaniment with various meats.

P

. • . e ce . --~ = a te

- 4. Consider varied preparation, forms, texture, color, and flavor.
- 5. Preparation time.
- 6. Vegetables in season.
- 7. Nutritional requirements.

Plan salads for one Consider:

week.

1. Types--fruit, vegetable, protein, gelatin.

P

- 2. Number per menu.
- 3. Need for consistency.
- 4. Use of a salad cart or salad bar.
- 5. The value of terminology for sales and appeal.

Plan dessert menu for Consider:

one week.

- 1. Need for distribution of production over ovens, mixers, top of stove, steamers, and other equipment for equalized use of all sections of kitchen.
- 2. Ease of preparation.
- 3. A dessert policy-number and kinds to serve.

List a variety of

4. Use of left overs.

puddings.

hot puddings and cold 5. How to develop flair or style in the dessert menu.

P

6. Consider all classes of customersold, young, dieter, regular.

. . . . 4 () e e c. . and the state of t . h . , P.

7. The use of a dessert cart or try for personal choice.

Types of food service Thorough study of:

operation.

1. Cafeteria, service.

Practical

2. Coffee shop.

Students should work 3. Restaurant.

on a rotation system 4. Dining room service.

through each station 5. Catering.

working as an assist- 6. Tea room.

ant in charge.

Kitchen station.

Their operation and control.

Kitchen and dining Thorough study and use of all major

room equipment. equipment.

Practical

Practice for efficiency Discuss silver, chine, linen, furn-

in use.

ishings, and furniture.

Short order and grill Practice in labor and timesaving

cookery.

methods.

Practical

Collection of recipes

and methods discussed.

for example, waffles,

pancakes, steak, ham-

burgers, hot dogs,

sandwiches, sundaes,

etc.

1 1100 - 4 V 11 11 11 11 εi , i=0) ., ≱ 0 ______ * The section of

If Time Permits

Experimental Cookery or Special Food Projects.

Prepare special Consider: food specialities of well

food, which might know restaurnats, chefs, regions,

be considered a countries, nationalities, etc.

speciality of the

restaurant.

<u>Practical Tests</u> - are useful to determine if the student knows the basic techniques, uses good work methods, and has developed speed and competence in preparation.

Practical

Specific assignments List name of product and ingredients

given to each student, on assignment sheet. Have student

Have method checked. fill in method within a stated

Evaluate product in time limit. Have method checked

standard form. for accuracy before student proceeds

with practical work.

Planning for a Banquet

Types of Banquets. Elaborate.

Discussion. Simple.

For men.

For women.

Family groups.

Types of service. Table service.

Discussion. Family style:

Cafeteria or buffet service.

, 4 ė. • .6

Number of waiters or waitresses required.

Number of bus boys.

Discussion of types

Consider:

of menu plans.

- 1. guest list.
- 2. season.
- 3. nutrition.
- 4. appetite appeal.
- 5. budget.
- number available to assist in preparation and service.
- 7. available space and equipment.

Estimating the number

1. guest list.

to be served.

- 2. food required for the help.
- 3. 10% additional to cover last minute acceptance, possible accidents such as a dropped tray or unexpected spoilage.

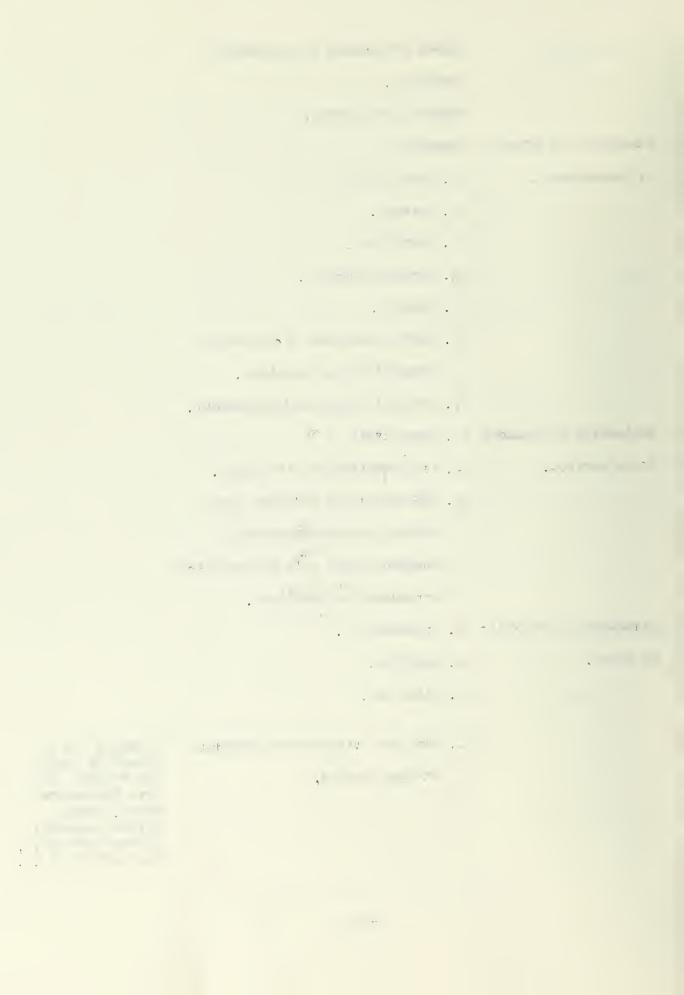
Discussion of work to 1.

1. preparation.

be done.

- 2. service.
- 3. clean up.
- Consider various work schedules or time sheets.

"Cooking for a Crowd" by Julia Lee Wright. 10¢ from Homemaking Dept., Family Circle Magazine, 25 West 45th St., New York 19, N.Y.



Consider value of having time schedule for preparation and service. "Serving Successful Snacks and Meals" Field Research Division, Paper Cup and Container Institution Inc., 551 5th Ave., New York 17, New York.

Practical

Plan a menu for: Consider approximate menu prices.

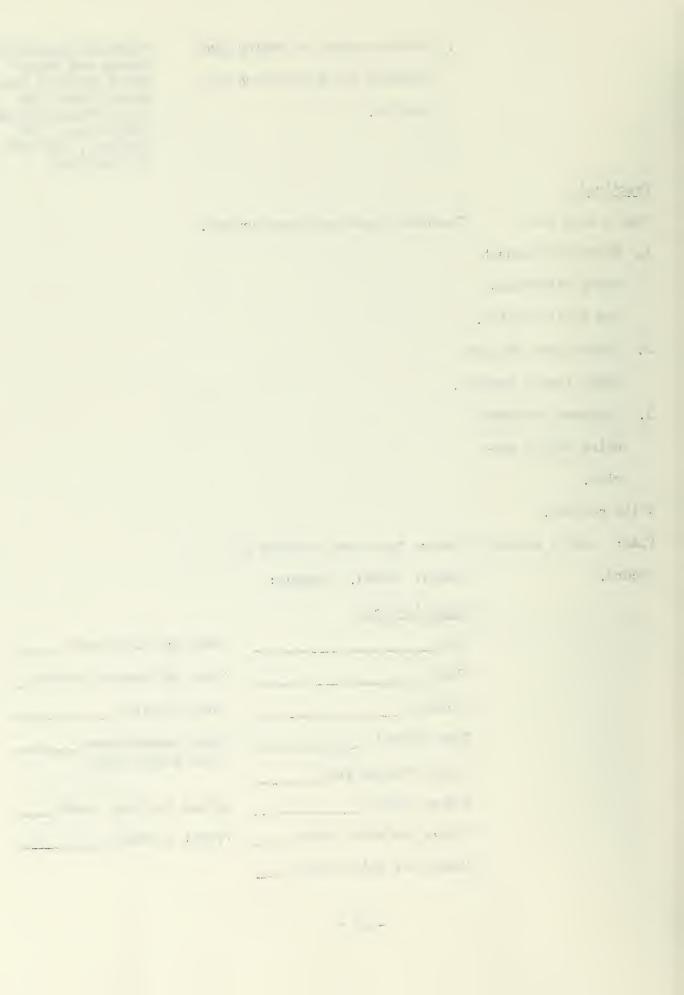
- 1. Elaborate banquet using waitresses and table service.
- Supper menu for men using family service.
- Luncheon for women using buffet service.

Write recipes.

Plan: make a general Discuss types and purposes of a record. general record. Example:

General Record

Date	Total of Paid Guests			
Place	Total of Non-Paid Guests			
Occasion	Total Receipts			
Type of Meal Number Planned For	Total Expenditures(from market list)			
Number Served	Actual Cost per Guest			
Charge per Adult Guest	Profit on Meal			
Charge per Child Guest				



	MENU		2	ERVICE	
	First course				
	Main Dish	-			
	Vegetables				
	Relishes				
	Salad				
	Dressing				
	Bread				
	Butter				
	Beverage				
	Green and Sugar				
	Cream and Sugar				
	Dessert				
	Water	_			
alculate amounts	Consider portions. Example	:			
required.					
lan marketing list.	Marketing List				
	No. of Guests				
	Item	Qua	ntity	Actual	Remarks
	Meat	To	Buy	Cost	
	Vegetables				
	0				
	Fruits				
	TIULUS				

4 (7) 1 1720 : Arresta. Is a Market Mark _____

. .

Dairy Products

Butter

Milk

Coffee Cream

Staples

Paper Service

Tablecloths

Napkins

Plates

Hot drink cups

Cold drink cups

Linen Service

Tablecloths

Napkins

Place mats

Miscellaneous

Table decorations

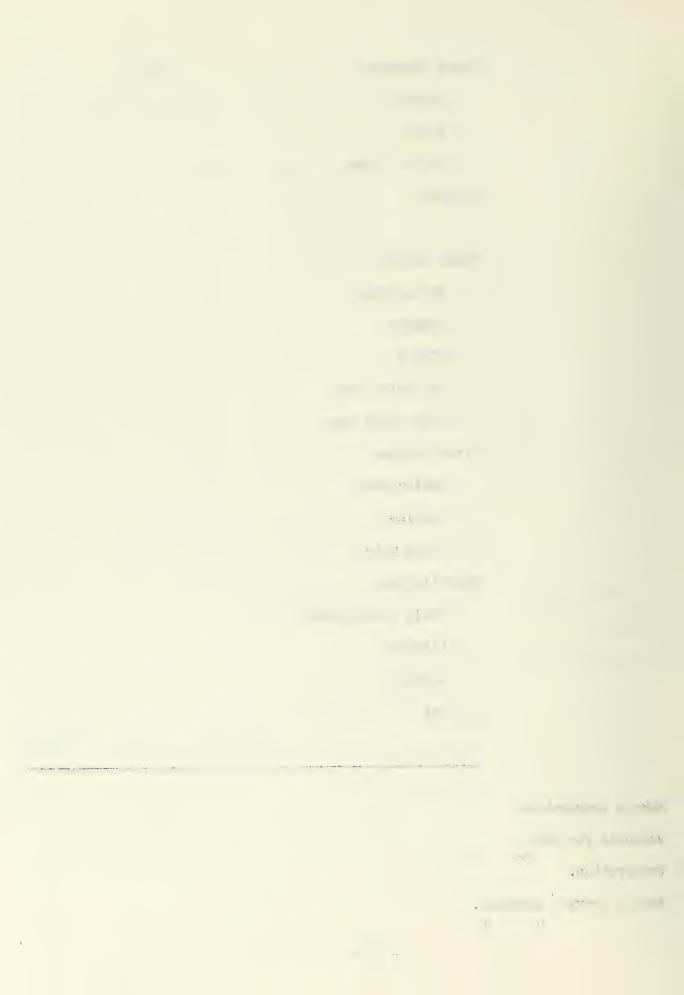
Flowers

Candles

Ice

Make a preparation schedule for food preparation.

Make a service schedule.



Clean up.

Proper method for cleaning:

Safety.

Danger of - food poisoning.

staphylococcus aureus.

Class Project - plan and prepare a banquet. Use evaluation and check sheets.

Food Cost Accounting.

Discussion.

Prepare supply chart

with up to date

prices.

E

Supply chart - following chart is type References recommendwhich has been found useful. ed will be listed

Methods of taking supply room inven- and included in a

tory-suggestion. later report.

Attached to shelf card holder - on card name of product, e.g., cornstarch,

Date - Jan. 5 - 20 pkgs. used - 10

pkgs. - on hand 10 pkgs. This type of shelf record for basic supplies simplifies daily supply check needed for ordering new supplies. New card made out as needed.

Prepare cost analysis File records.

of three recipes -

Recipes used.

include cost per

Total cost of each recipe.

portion.

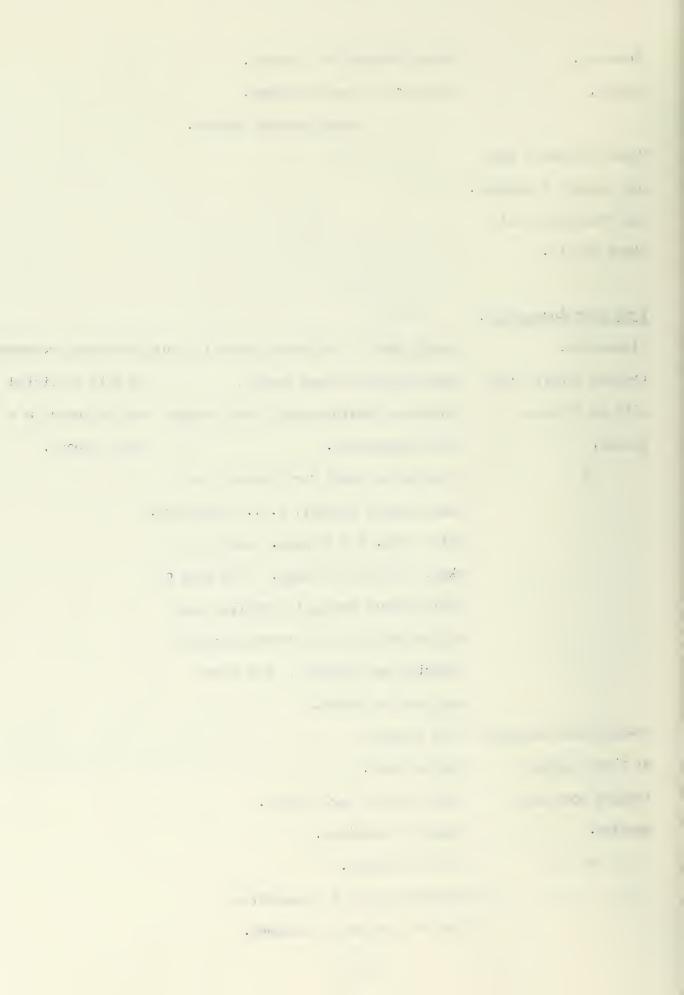
Number of servings.

D P

Cost of serving.

Estimated cost of preparation.

Cost of serving to customer.



This information is necessary for pricing various menus and a la carte servings. This will have to be revised regularly to allow for fluctuations in price of foods, labor, etc.

Prepare record for week's purchases.

Methods of accounting - filing of bills.

D P

- by firms from whom purchased.
- copy of purchase order should be sent to person receiving goods.
- check goods received against purchase order this with an invoice should be sent to paying agent.
 All bills and/or invoices should be signed by person receiving goods.
 Regular dates for sending these in should be established.
 Storeroom control records should
- supplies on hand.

include:

- daily record of supplies purchased.

Regular daily checks should be made to determine needed replacement and amounts purchased should be recorded daily.

Up-to-date daily files should be kept.

(Shelf record kept, e.g., 24 cans tomato soup on shelf - 10 used aid to check if person taking 10 marks balance on shelf record.)

December 1981 . **.d. .fr ↑ t - 2 • . 110 The state of the s in the second of • • • 5 000 · · The state of the s In a recipe file following information should be included:

Ingredients.

Amounts.

Cost.

Number of servings.

Cost per serving and estimated production cost.

Price to customer. (This needs checking at regular intervals to allow for cost fluctuations.)

Suggested Supply Chart - Cost Accounting

Item	Description	Size	No. in	Case	Unit	Amt. on	Quantity
No.			Case	Cost	Cost	Hand	Ordered

CEREAIS

Brex Quick Oats Sunny Boy Health Bran Minute Rice Long Grain Macaroni

FLOURS

All Purpose Pastry Cake Graham Whole Wheat

SYRUPS & JAMS, ETC.

Breadfast Maple Golden Lily White

FATS & OILS

Butter
Margarine
Lard
Crisco
Domestic
Wesson
Mazwla
Olive

g -u-. The second value of the property of the second s the day of the second fig. 4. 1 h _ / 71. 1. 190

MIXES

Cake

Biscuit

Pancake

Pudding

Gelatine

SUGARS

Granulated

Yellow

Fruit

Confectioners

CANNED GOODS

Tomatoes - Choice

Peas - Mighty Manmoth Fancy

Peaches 1's Aylmer Fancy

SOUPS

Tomato

MILK

Starlac

Canned

JUICES

Apple

Tomato

Lemon

MEATS & FISH

List kinds & sizes

DRIED FRUITS

Raisisn - seeded

Raisins - seedless

Prunes (40-50)

Figs

MISCELLAN EOUS

Baking Powder

Baking Soda

Chocolate Bitter

Chocolate (Dot) Chocolate Chips

Cocoa



Tea Coffee (Nabob)

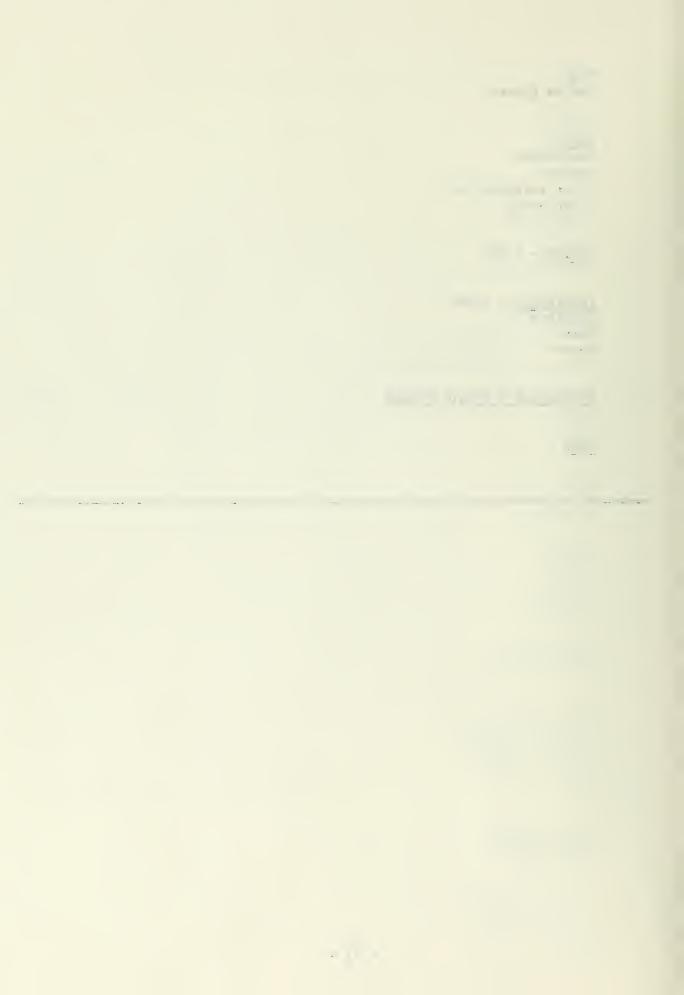
HERBS
Condiments
Spices
(best varieties in each case)

FRUITS - Fresh

<u>VEGETABLES</u> - Fresh Potatoes Root Green

VEGETABLES & FRUITS FROZEN

FOWL



Name	Meal or Food
Day to be Prepared	Kitchen No.
	Class
Meal Service	Market Order
M	ENU

	Amt.		Amt.
Dairy Products		Vegetables	
Meat, Fish, Poultry, Eggs			
Bread, Cereal, Flour		Miscellaneous	
Fruits			
		Special Equipment (not in kitche	ns)

. Cit 1000

HOW DOES OUR GROUP RATE ON MEAL PLANNING AND PREPARATION?

1.	Did we serve a well-balanced menu suited to the group eating it?
2.	Were the table and food attractive and table correctly set?
3.	Was the food well done and well seasoned?
4.	Was the meal ready to serve at the appointed time?
5.	Was there enough to eat?
6.	Was much of the food left over?
7.	Did we forget to order some of the food when preparing the market list?
8.	Did we forget anything that should have been on the table?
9.	Was the food correctly served?
10.	Could we have prepared the meal in less time?
11.	Did we use more dishes than we needed?
12.	Did we keep our table tops neat as we worked?
13.	Did we keep ourselves neat as we worked?
14.	Did we wash cooking dishes as we cooked?
15.	Did the members of the group work well together?
16.	Did each member of the group do his fair share of the work?
17.	Did we throw any food in the garbage that could have been used?
18.	Did we leave our cabinets, work areas and unit kitchen in good order?
19.	Did we put the left-overs away carefully?
20.	Did we leave any dishes unwashed or any work undone?
21.	Did each student wear his apron?
22.	Did we hand in our written plans, and our score sheet?

1, -1 • 0.711 41 . 7.5

	Catering Job No.					
Organization	Name					
Date	Time					
Number	Type	Type				
Charge per person	Total Ch	Total Charge				
MENU per person:						
EQUIPMENT FOR SERVING:						
TABLE ARRANGEMENT:						
ORDER - Foods to be on hand	JOB	STAFF				



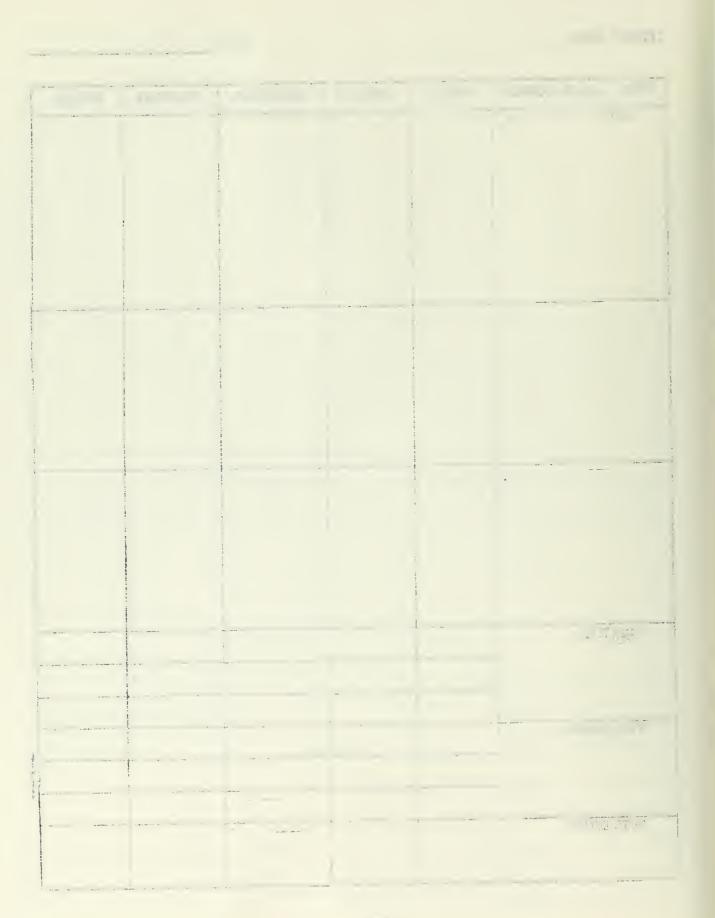
Cost of	Catering	Job	No.	
---------	----------	-----	-----	--

FOOD ITEMS US	ED		AMOUNT	UNIT P	R.	COST	TOTAL
		7					
WAGES	NAME	RATE	TI	ME	NET	TO	TAL
Cost of Food		Ro	coints				
	.)						
			tal Recei	pts			

1		•	1	3.7 p.111 (31)
			The second secon	A TO BE IN THE CONTROL OF THE CONTRO
20 at				
7		TO THE TANK		
Turner of a qualification		t e	P 8 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	
Purch of processing and adaptive		:	7 8 . 0	
t d s d d d d d d d d d d d d d d d d d			100 mm o 100	
			1	
Bullian alpha to 100 to		a (de	i	
1 0 0000	The transfer of the control of the c	- 1		entering the day is a series of the desired and the desired an
**************************************	- There is no anger or sale			unan engan phaga ar a la galan na paga an ang la la da da galan bahan.
	T12780 (80) - 11760 (80) (40) (10) - 8	1600	er	and the second of the second o
No. No. of Co. of	t transcion w	the and the second service of the second service second services.	a de la companya de l	
		e e e e e e e e e e e e e e e e e e e		
l.r.		and the second s	.1	And the second s
Lat.	, , , , , , , , , , , , , , , , , , ,			
Le.			.! '	
Lr.			and the second s	
Li.			and the second s	
L.			and the second s	
l.ż.			and the second s	
l.r.			and the second s	
L.F.			and the second s	
lage. "			and the second s	
l.g.			and the second s	
			and the second s	

DATE	

ITEMS - MAIN CO	OURSES	MONDAY	TUESDAY	- WEDNESDAY	THURSDAY	FRIDAY
SOUP	1.					
	2.					
	3.					
POTATOES						
VEGETABLES						
BUTCHERING						



REFERENCES

First Year Course

Experiences With Foods by L. Belle Pollard - Ginn and Company.

Second and Third Year Courses

100 to Dinner by Middleton, Carter and Vierin - University of Toronto Press.

Quantity Cooking by Treat and Richards - Little, Brown and Company.

Antoinette Pope School Cookbook by Antoinette and François Pope - Brett Macmillan.

Canadian Cook Book by Wattie and Donaldson - Ryerson Press.

The School Lunch by Cronan - Copp Clarke Company.

Food for Fifty - Fowler, West, and Shugart - General Publishing Company.

A Handbook on Quantity Food Management by Evelyn Smith - Burgess Publishing.

Set of Quantity Recipe Cards PA-271 - Superintendent of Documents, Government Printing Office, Washington, D. C.

Quantity Recipes by Wood and Harris - New York State College of Home Economics, Cornell University, Ithaca, New York.

Food Service in Institutions by West and Wood - General Publishing Company.

Hospital Food Service Manual M27-54 - American Hospitals Association, Chicago, Illinois.

Quantity Recipes File by Lenore Sullivan - Iowa State College Press, Ames, Iowa.

Meals for Many - New York State College of Agriculture, Ithaca, New York.

Quantity Food Service Recipes by Margaret Terrill - Longmans Canada Limited.

Quantity Recipes for Quality Foods by Evelyn Smith - Burgess Publishing Company.

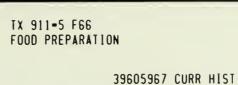
Recipes at Moderate Cost by Constance Hart - Ryerson Press.

The Hospital Dietary Department by Margaret Bernard - Burgess Publishing.

Magazine - "Canadian Hotel Review and Restaurant", Maclean-Hunter Publishing Company, 481 University Avenue, Toronto 2, Ontario - \$5.00 per year and 50¢ a single copy.

DATE DUE SLIP

	_1.12 1.31
= 1 /2019	
. (
15000	Lead to the second
·M	
, (s ₁	
:(V.)	
· · · · · · · · · · · · · · · · · · ·	
F. 255	
	- 10 - 10 - 10 - 10 - 10 - 10 - 10 - 10
and the state of t	
	•
· 1/2 (- (1) 4)	
fire of the second of the seco	
	1 - 1kg ('5) .





MCCOCORDA CINCA PARTIES CAL NO

ACCO CANA

TX 911.5 F66
Food preparation. -

39605967 CURR HIST

